



Eat Better
Move More
Visit Your Doctor
Relax and Take
Care of Yourself
You're Worth It!



National Women's Health Week
May 14-20, 2006



Thanks for taking
care of me ~
Now please
take care
of you!

CMS

CENTERS for MEDICARE & MEDICAID SERVICES

Reconnect to Your Health

In order to stay healthy, you need:

- * Breast and cervical cancer screenings
- * Colorectal cancer screenings
- * Shots—flu, pneumococcal and Hepatitis B
 - * Bone mass measurements
- * Physical examination
 - * Diabetes screenings
- * Cardiovascular screenings
- * Glaucoma tests

**Talk to
Your Doctor
Today ~ Don't Delay!**

For reliable and current information on women's health,
go to www.womenshealth.gov or call 1-800-994-9662

Medicare now covers prescription drugs.

For more information on Medicare-covered preventive services,
including prescription drug coverage,
go to www.medicare.gov or call 1-800-MEDICARE

- * Medicare-covered preventive services

